

FREE SAMPLE



7 Days of Thanksgiving Connection



Simple Activities to Bring Your Family Closer

Hey there! 🙌

Tired of Thanksgiving feeling rushed? Want your kids to remember more than just the turkey?

This **FREE 7-day challenge** gives you simple, meaningful activities to do with your family in the week leading up to Thanksgiving. No fancy supplies needed. Just 15-30 minutes a day to actually connect.

Each day includes:

- 🎯 One simple activity (tested with real families)
- 💬 A conversation starter that gets your kids talking
- 🙏 A gratitude prompt to build thankfulness
- ❤️ A kindness challenge to spread joy

Think of this as a **test drive** for our full Christmas Connection Challenge (25 days of the same magic in December).

Print these pages, check off each day, and watch your family slow down and truly connect this Thanksgiving.

Our 7-Day Checklist

Family Name: _____

DAY 1

Gratitude Tree

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DAY 2

Thank You Notes

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DAY 3

Story Swap

☐

DAY 4

Helping Hands

☐

DAY 5

Memories & Photos

☐

DAY 6

Table Traditions

☐

DAY 7

Reflection Morning

☐

Our Favorite Moments from the Week



DAY 1



Gratitude Tree



THE ACTIVITY

Create a "gratitude tree" on your wall or fridge. Cut out paper leaves (or use real ones!). Each family member writes 3 things they're grateful for on leaves and adds them to the tree.



CONVERSATION STARTER

"What's something you're grateful for that you didn't have a year ago?"



GRATITUDE PROMPT

Share one person in your life who has made a difference this year.



KINDNESS CHALLENGE

Text someone on your gratitude list and tell them why you're thankful for them.

Supplies: Paper or real leaves, markers, tape, wall space or fridge

DAY 2



Thank You Notes



THE ACTIVITY

Each family member writes thank you notes to 3 people: one family member, one friend, and one person who serves your community (teacher, mail carrier, coach, etc.).



CONVERSATION STARTER

"What makes a thank you note meaningful? What should we say?"



GRATITUDE PROMPT

Think about someone who helped you when you needed it most.



KINDNESS CHALLENGE

Deliver or mail the notes this week. Include a specific example of why you're grateful.

Supplies: Paper or note cards, pens, envelopes, stamps (optional)

DAY 3



Story Swap



THE ACTIVITY

Parents share stories about past Thanksgivings from when they were kids. Kids share their favorite Thanksgiving memory. Trade stories around the table or living room.



CONVERSATION STARTER

"What Thanksgiving traditions did your family have when you were growing up?"



GRATITUDE PROMPT

A family tradition you're grateful we still do (or one you want to start).



KINDNESS CHALLENGE

Call grandparents or older relatives and ask them to share their favorite Thanksgiving story.

Supplies: Just your voices and your memories!

DAY 4



Helping Hands



THE ACTIVITY

Everyone traces their hands on paper. Inside each finger, write one way you can help prepare for Thanksgiving. Then actually DO those things together over the next few days.



CONVERSATION STARTER

"What's the best part about preparing for Thanksgiving as a family?"



GRATITUDE PROMPT

Something you're grateful for about each family member's contribution.



KINDNESS CHALLENGE

Do one task that usually falls to someone else, without being asked.

Supplies: Paper, markers or crayons

DAY 5



Memories & Photos



THE ACTIVITY

Pull out old Thanksgiving photos from past years. Look through them together and share memories. Laugh at the hairstyles, remember funny moments, talk about people who aren't there anymore.



CONVERSATION STARTER

"What's the funniest Thanksgiving disaster we've ever had?"



GRATITUDE PROMPT

A memory captured in a photo that you treasure.



KINDNESS CHALLENGE

Text a favorite photo to someone in it with a message about why that memory matters.

Supplies: Old photos (printed or digital), phone or computer

DAY 6



Table Traditions



THE ACTIVITY

Create simple place cards for Thanksgiving dinner. Each person decorates their own, then writes one thing they're grateful for on the back. Place them at the table tomorrow and read them before the meal.



CONVERSATION STARTER

"If you could add one new tradition to our Thanksgiving, what would it be?"



GRATITUDE PROMPT

The food, shelter, and abundance you have access to.



KINDNESS CHALLENGE

Make an extra place card for someone you'll see tomorrow and tell them why you're glad they're there.

Supplies: Cardstock or heavy paper, markers, stickers, decorations

DAY 7



Reflection Morning



THE ACTIVITY

Thanksgiving morning, before the chaos begins, sit together for 10 minutes. Each person shares: their favorite activity from the week, something they learned, and what they're most grateful for right now.



CONVERSATION STARTER

"How did these 7 days change our week? Should we do something like this again?"



GRATITUDE PROMPT

This exact moment - being together as a family on Thanksgiving morning.



KINDNESS CHALLENGE

Before eating today, have everyone at your table share one thing they're grateful for. Start a new tradition.

Supplies: Your checklist to look back on, hearts full of gratitude